



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jan Bendl (50y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 19:16.00 minutes

Overall 9th / Age Group (50-54y) 3rd

Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C, 50.26° N




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION